

## Summary

**Work title:** Influence of physical activity on psychological aspects and eating habits in overweight persons.

**Work objectives:** 1) to assess the influence of physical activity on psychological aspects and eating habits in overweight persons, 2) to find correlations between possible changes of selected psychological parameters and changes of BMI.

**Methods:** Three types of standardized questionnaires (BDI-II, WHOQOL-BREF and TFEQ) were used for evaluation of changes of depression, life quality and eating habits in 34 overweight persons (with  $\text{BMI} \geq 26 \text{ kg.m}^{-2}$ ), who participated at 3-month aerobic exercise program. The results of input questionnaires (at the beginning of the program) and output questionnaires (at the end of the program) and values of BMI of respondents were compared and statistically evaluated.

**Results:** Regular physical activity positively affected emotional well-being, quality of life and eating habits of respondents. The results of the study show that depression decreased, life quality increased and eating habits positively changed (more consistent dieting) in the majority of participants. Changes of BMI correlated with changes of health-related quality of life but not with other psychological parameters (depression, mental and social-related quality of life).

**Key words:** physical activity, obesity, depression, life quality, eating habits